

VITAL SIGNS



VOL II No. 3 Naval Regional Medical Center, Orlando, Florida

1 December 1979

NRMC HOSTS 2ND ANNUAL CANCER SEMINAR



Dr. Cotelingam



Patricia Johnson, NRMC's Tumor Registrar (left) and Dr. MacFarland

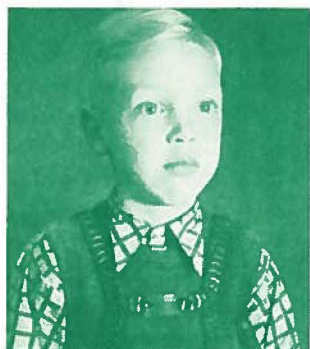
Physicians and other interested professionals from the Central Florida area packed the Schooner Room at the NTC Officers' Club on 28 November to attend the 2nd annual cancer seminar hosted by the Naval Regional Medical Center, Orlando.

Dr. Alfred Ketcham, formerly of the National Cancer Institute and now Chief of the Division of Surgical Oncology at the University of Miami School of Medicine was originally scheduled to share the podium with Dr. Francille MacFarland and LCDR James Cotelingam, MC, USNR, staff members of NRMC. However, Mother Nature placed a heavy blanket of fog over the Orlando area and Dr. Ketcham's plane had to be diverted to Atlanta. Doctors MacFarland and Cotelingam, true to Navy tradition, filled the breach and conducted a very instructive and entertaining seminar.

Dr. MacFarland presented the clinical aspects of melanoma and Dr. Cotelingam presented the histopathology of melanoma and the excellent results of our 13 year experience with the disease. CAPT G. V. Frankhouser, MC, Chief of NRMC's Surgical Service, gave a description of the "Limberg" flap procedure used in the resection of melanomas. The program, sponsored by the American Cancer Society and the Navy Recruiting Command, was enthusiastically received by the many guests.

NOVEMBER PERSONNEL INSPECTION**Noted for excellence:**

LT J. W. Treharne
 LT L. A. Nelson
 LTJG E. A. Niec
 HMC R. J. Wida
 HM1 W. C. Tedin
 HM2 J. E. Piriz

**WHOOOIZZIT??**

DO YOU KNOW THIS STAFF MEMBER??
 (Answer on Page 8)

**VITAL SIGNS STAFF**

Editor:
 HMCM(SS) R. C. Clements, USN
 Managing Editor:
 Mary V. Van den Heuvel
 CDR N. J. Stewart, NC, USN
 HM1 J. D. Campbell, USN
 HM2 S. P. Foster, USN
 HN E. Kehoe, USN

We're Sorry You're Leaving!

CAPT S. R. Sandri, MC, to NRM C Oakland
 LT P. Warford, NC, to NRM C Naples
 HMCS R. Cupper to NAVAEROSPREGMEDCEN
 Pensacola
 HM3 T. Hulbert to NRM C Naples
 HM3 P. Deblois to civilian life
 HM3 G. D. Hodge to civilian life
 HM3 B. D. Stendts to civilian life
 HM3 J. W. Tobin to civilian life
 HA C. L. Barone to civilian life

We're Glad You're Here!

LCDR L. Ortiz, MC, from civilian
 life
 LCDR J. Decicco, MSC, from NAVAEROSP
 REGMEDCEN Pensacola
 LT M. Galdun, NC, from NRM C Portsmouth
 LTJG D. Janikowski, NC, from NRM C
 Charleston

HMCM J. Deluca from NRMCL Hawaii
 HMC L. Houseworth from MEDRESUN 3
 Cairo
 HM1 P. Ferguson from NTC GLAKES
 HN C. Nelson from HCS GLAKES
 HR J. Branca from NSHS SDIEGO
 HR R. Swarmer from NSHS SDIEGO
 HR E. Ivonnet from HCS GLAKES
 HR B. Spicer from HCS GLAKES

Greetings for Christmas

AND BEST WISHES FOR THE NEW YEAR



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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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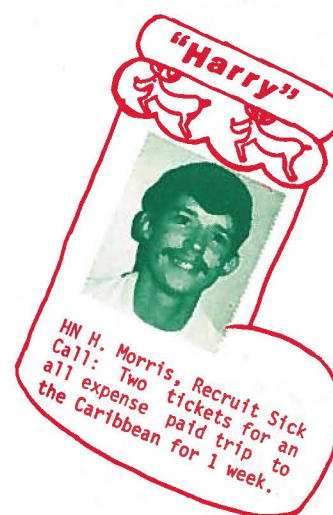
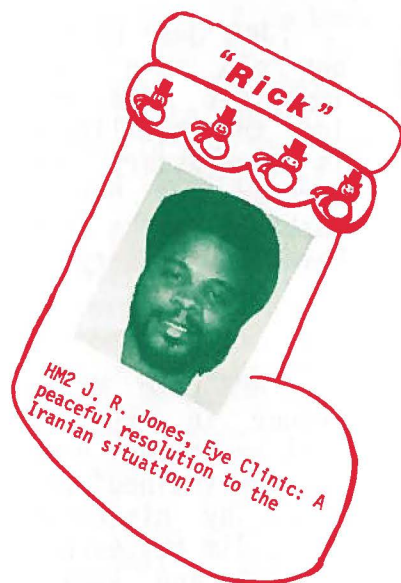
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PAGE



By HN Eileen Kohoe, USM

What would you like to find in your Christmas stocking?



1 December 1979

LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

A PERSONAL GLIMPSE OF THE LAB

The reception area is truly the hub of all laboratory activity. Every patient sample for testing is either collected in this area or received and evaluated for correctness before routing it to that area of the laboratory where a particular test is performed. The only impression and insight that most patients have of a laboratory is formed in the laboratory reception area.

Heading the excellent staff in our reception/blood collecting area is HMC Phil Granados who is ably assisted by Mrs. Peggy Beck, receptionist; HM1 Ray Smith, phlebotomist, HM3 Jeff Higgins, phlebotomist, and HM3 Jim Martin, phlebotomist.

Mrs. Beck

The real key to the smooth efficient operation of this area is the receptionist, Mrs. Peggy Beck, who ably performs a myriad of activities, sometimes simultaneously. She greets and gives patients instructions, receives samples, evaluates request forms for accuracy, answers the phone, and completes a number of other clerical functions. Mrs. Beck joined our staff about 6 months ago from the NTC Library. Her husband Jim is a Professor of Engineering in the department of Mechanical Engineering of the University of Central Florida. Her daughter, Kathy, is a freshman at FSU; her son, Jim, is a junior at UCF; and she has another daughter, Melinda, who is married and living in Alabama.

HMC Granados recently rejoined our staff following a tour of duty in Keflavik, where he became the proud recipient of the Navy Achievement Medal for his outstanding performance of duty. His wife, Nora, and children, Jojo and Victor, remained here in the Orlando area during

his tour in Iceland. Mrs. Granados is an O.R. nurse at Winter Park Hospital.

HM1 Smith

HM1 Ray Smith recently joined our staff from the 2nd Force Service Support Group at Camp Lejeune. His wife, Miriam, works at Action Personnel in Orlando. Ray and Miriam have two children, Craig and Valarie.

HM3 Higgins

HM3 Jeff Higgins is our "old hand" in this important area, providing the stability which is so necessary. Jeff is married and his wife, Barbara, works at Kiddy Haven Day Nursery.

HM3 Martin

HM3 Jim Martin is unique in the Lab in that he is our only "on the job trained" technician. By his contribution, Jim has earned the respect and admiration of the entire staff.

Teamwork and dedication mark the work of this crew, giving the entire Lab Service a big plus in Public Relations, patient contact and professional service.

*Wishing you
Holiday
Happiness*

NURSING**SERVICE**

By CDR N. J. Stewart, NC, USN

"Self sacrifice is never entirely unselfish, for the giver never fails to receive."

Dolores E. McGuire

We all have a great deal to give one another, but how much of ourselves do we truly give. Dr. Albert Schweitzer once said, "I don't know what your destiny will be but one thing I do know, the only ones among you who will be truly happy are those people who have sought and have found, how to serve." Are you one of those people who have not found a meaningful way to serve? If you are, I'll bet you have a tendency to be at odds with yourself and others. There is not one of us who doesn't have a great deal of talent and so very much to give yet we tend to walk around bored; aching for something that would bring us that contentment, fulfillment and happiness that we all yearn for. I don't know about you, but I feel nervous and depressed when I'm not being of service or when I feel I'm not being utilized to my potential. Being of service is what gives meaning and rest to our leisure, a feeling of being needed and important.

This holiday season is a good time to start examining ourselves. Let's ask ourselves how we can best marshal our human resources and apply them in a way that will maximize our service to others. If we can do that, it may help everything else to fall into place for all of us. Otherwise, we may find ourselves suffering from a restless discontent like millions of others.

A recent seminar I attended mentioned a psychological test where you are supposed to complete 20 statements beginning with the words "I am." Believe me, by the time you reach 20 you are making some very revealing comments. You are digging for information about yourself and you are doing exactly what Socrates said we should do when he stated "an unexamined life is not worth living."

By examining our lives, we may come up with some way that we can make a contribution to our fellow man and, by so doing, we will reap the greatest possible rewards. Dr. Schweitzer was so right when he commented, "serving each other is a way to happiness and fulfillment." If you take away the people we serve, our lives would become meaningless. The real purpose of our journey through this life is to find out how best we can serve. Here is a wonderful recipe to follow:

LIFE'S RECIPE

- 1 cup of good thought
- 1 cup of kind deeds
- 2 cups of sacrifice for others
- 3 cups of forgiveness
- 2 cups of well beaten faults

Mix thoroughly and add tears of joy and sorrow and sympathy for others. Flavor with little gifts of love and kindly service. Fold in 4 cups of Prayers and Faith to lighten other ingredients and raise the texture to great heights of Christian Living. After pouring all this into your daily life, bake well with the heat of human kindness.

Served with a smile 

Author unknown

Best wishes

FOR A HAPPY

Holiday Season

AND THE NEW YEAR





Chaplain's Comments

By CDR W. E. Tumblin, CHC, USN

LET'S CELEBRATE CHRISTMAS!

In telling of the birth of Jesus, St. Matthew records the visit of some Magi "from the east." The word Magi is Indo-European in origin but appears in many languages, generally implying greatness. Originally a priestly caste among the Medes, they became scholars of religion and science, with special expertise in astrology and medicine. Medieval art and modern carols are mainly responsible for depicting them as kings. Most likely they were somewhat less than royalty. Influential, yes. Financially well-to-do, probably. But kings, that's doubtful.

The Magi were students of nature, and these evidently became impressed by the appearance of one particularly bright star. They were also expecting a Messiah - a Savior. They traveled toward the star in search of the Messiah. While in Jerusalem, a king did become aware of their mission. His name was Herod. And we know how he reacted to the idea of a king being born: intense anger and jealousy. The Magi pressed on to Bethlehem.

At Bethlehem they faced the crisis of recognition. There was a baby who had been born (and perhaps was still staying) in a stable behind an inn. The babe was dressed in peasant cloth. The parents were ordinary folk from Nazareth who labored for a living. They were also newlyweds. As they entered the stable, took in the scene, and began to talk with Joseph, they must have wondered about things. What convinced them to kneel and offer their kingly gifts? How could they be sure that God was behind the scene, that this was a special babe?

God acts to save people from their sins. The recognition of how, when, and where he acts is the crisis of faith. Misplaced recognition makes us seem foolish. And God appears full of surprises to us humans. But it is the powerful, the rulers, the top dogs who seem to not be

just surprised by God..... who seem to get downright mad about the Christ event. Let's celebrate Christmas!

NRMC GRADUATES 7TH CLINICAL ASSISTANT CLASS



Front Row - left to right: CW02 R. Woodruff, HN B. Herman, HN P. Guzman, HM3 J. Cassidy, and HN J. Smith. Back row, left to right: HN R. Forester, HM3 R. Strickland, HM3 T. Berlin, HN H. Morris, HN K. Gray, and HM1 B. Nachimson.

The 7th Clinical Assistant Class has been graduated at Naval Regional Medical Center, Orlando. Class members, under the direction of LCDR Ramon E. Baez, Jr., MC, were: HM1 Bernard Nachimson, HM3 Thomas Berlin, HM3 Randy Strickland, HN Jack Smith, HN Pedro Guzman, HN Harry Morris, HN Rick Forester, HN Kenneth Gray, HN Beth Herman and HM3 Janice Cassidy. HM3 Thomas Berlin was Class Honor Student with a final average of 92.5.

The Clinical Assistants diligently assimilated 144 hours of instruction. The curriculum was coordinated by CW02 Ronald Woodruff, PA, and included a wide variety of medical subjects (i.e., Orthopedics, OB/GYN, Internal Medicine, ENT, etc.) Physicians, representing various fields of medicine practiced at this hospital, served as instructors.

The Clinical Assistant graduates have now assumed their new responsibilities at Active Duty Sick Call and Recruit Sick Call.

Would you like to be trained as a Clinical Assistant? The next class is in the planning stages for Spring of 1980. See CW02 Woodruff for further info.

Submitted by HM2 S. Foster, USN

NAVY WIVES CLUB OF AMERICA #267

PLAYS SANTA



From left to right: Mrs. Mary Johnson, Mrs. Ruth Watson, Captain Zimble, Mrs. Phurby Woodall, and Captain Redgate.

Christmastime is a time for giving and for sharing..... and there is one particular group of ladies who never fail to give, and give, and give. The Navy Wives Club of America #267, Orlando, has played Santa Claus to NRMC patients again this year.

Making the presentation of the gifts to Captain Zimble on behalf of the Navy Wives Club #267, was Mrs. Phurby Woodall, President, and Mrs. Ruth Watson, Sergeant at Arms. A guest at the presentation, was Mrs. Mary Johnson, Southeast Regional President of the Navy Wives Club of America.

The gifts of radios, electric razors, hairdryer and popcorn popper will be enjoyed by the patients on the recruit wards. In addition, the waterpik and two razors will be used in ICU. Two radios will be used for patients in isolation.

The ladies of Wives Club #267 do not limit their giving and sharing to the holidays. They are frequent visitors to the recruit wards seeking ways to make the patients more comfortable and happy.

To all the ladies who belong to this active Navy Wives Club, the patients and staff of NRMC would like to express a heartfelt thank you. May all the joy you give away, return to you on Christmas Day!



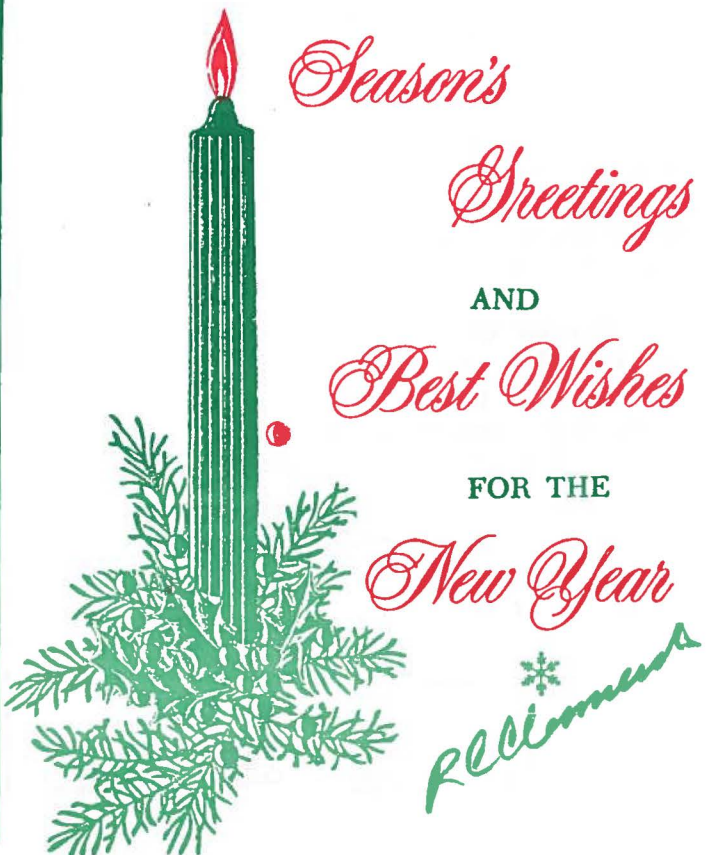
Master Shipwreck

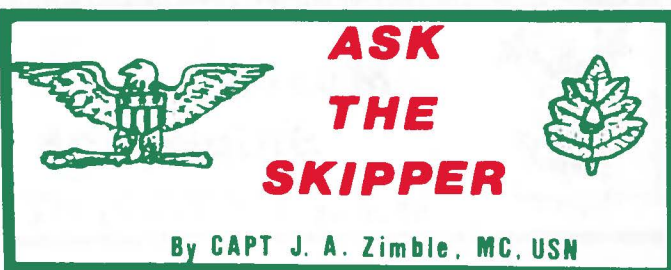
HMCM(SS) R. C. Clements, USN

DUTY PREFERENCE CARDS

During the recent visit by Naval Military Personnel Command detailers, it was noted that many of the personnel attached to NRMC Orlando do not have current duty preference cards on file. There is a requirement that all enlisted personnel maintain a current duty preference card on file at NMPC at all times. This allows detailers to assign personnel in accordance with their desires vice being assigned to undesirable duty.

All enlisted personnel are required to update their duty preference cards as often as necessary and especially at least 6 months prior to prospective rotation dates (PRD). The Human Resource Management Service will assist personnel in the preparation and submission of duty preference cards. Do not wait until the last minute to up-date your card. It's your ticket to good duty stations.





On my desk, as I begin composing my thoughts, I have before me a "very respectful" memo from Mary Van (the Vital Signs managing editor) and a "very respectful concurrence" from the Command Master Chief (the editor) chiding me for my tardiness in the submission of this "Ask The Skipper" column. They request that I provide Season's Greetings to the staff.

The reason for my delay is apparent to me. I am having significant difficulty preparing a Christmas message to a staff that regularly practices the Christmas spirit year-round. My office consistently receives many letters from our patients praising not just the medical attention they received, but more important to them, thanking us for the spirit of genuine caring which they encountered from every hospital staff member. A parochial "good will toward men" at NRMC Orlando is a routine attitude. For that, I am distinctly proud to be counted among your numbers.

I suppose all I need do, therefore, is wish you all a very Merry Christmas, a joyful Chanukah, a happy New Year and my sincere hopes for continued excellence in 1980.

During this critical time of human anguish in many parts of the world, please join me in an urgent wish that there may soon be a universal "Peace on earth, good will toward men."



CRA NOTES



By Joyce Sienia

CONGRATULATIONS TO THE AWARD WINNERS

The CRA wishes to extend congratulations to all the civilians who received awards at the Civilian Incentive Awards Ceremony on 16 November. Our thanks to LCDR Manley for the delicious pizzas for the party after the ceremony.

A combined Civilian and Military Christmas Party is in the planning stages and so far it looks like a party no one will want to miss. Be sure to buy your ticket early.

CRA BIRTHDAY GREETINGS TO: Monica Berg on 1 Dec; Margaret Caldwell and Dorothy Heron on 4 Dec; Ruth Burke on 8 Dec; Margaret Caldwell and Dorothy Johnson on 10 Dec; Bradley Caswell on 12 Dec; Martha Hutto on 13 Dec; Dennis Lippincott on 16 Dec; Kathryn Owens and Jean Rodarte on 18 Dec; Mary Lou Brown on 19 Dec; Alphonso Blye, John King, Johnnie Raulerson, and Edward Smith on 22 Dec; Isabelle DeVinny on 24 Dec; Marvin Atchley on 26 Dec; Mary Baley and Celeste Hackenthal on 27 Dec; Vivian Walton on 28 Dec; Mary Looney and William Newkirk on 29 Dec; and Dorothy Logan on 30 Dec.

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WHOOOIZZIT?

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It's LT Peter P. Garms, MSC, USN, Chief, Patient Affairs Service. Born in Germany, LT Garms came to the U.S. when he was 8 years old. Served in the Peace Corps from 1967 to 1970 in both Nigeria and Ghana. He joined the Navy in 1974 and reported here for duty on 1 June 1977. LT Garms and his wife, Signe, have three children: Paul, Laura and Heather. His home town is Boulder Junction, Wisconsin.